

# Food Zone

2018-2019		January			Lunch Menu
Monday	Tuesday	Wednesday	Thursday	Friday	
	1 <b>No School Winter Break</b>	2 <b>No School Winter Break</b>	3 <b>No School Winter Break</b>	4 <b>No School Winter Break</b>	
7 *Pineapple & Vegetable Teriyaki Chicken Stir Fry Brown Rice Fruit Milk-1% or Flavored Fat Free, or Skim	8 *Grilled Cheese & Tomato Soup Baked Fries Fruit Cup Milk-1% or Flavored Fat Free, or Skim	9 * <u>Breakfast for Lunch</u> Chicken and Waffles Roasted Potatoes Grapes Milk-1% or Flavored Fat Free, or Skim	10 Hamburger on Whole Grain Bun Baked Beans Buttered Broccoli Mandarin Oranges Milk-1% or Flavored Fat Free, or Skim	11 Cheese Pizza Baked Fries Buttered Green Beans Applesauce Milk-1% or Flavored Fat Free, or Skim	
14 Chicken Pot Pie w/navy beans and fresh vegetables Whole Grain Biscuit Fruit Milk-1% or Flavored Fat Free, or Skim	15 *Macaroni & Cheese Buttered Broccoli Tomato & Corn Salad Fruit Cup Milk-1% or Flavored Fat Free, or Skim	16 Sweet & Sour Chicken Fried Rice Asian Cabbage & Edamame Salad Grapes Milk-1% or Flavored Fat Free, or Skim	17 Meatball Sub on Whole Wheat Hoagie Sautéed Green Beans Mashed Cauliflower Potatoes Mandarin Oranges Milk-1% or Flavored Fat Free, or Skim	18 <b>No School Conferences</b>	
21 <b>No School MLK Day</b>	22 Walking Doritos Taco's served w/lettuce, tomato, & cheese Black Bean & Corn Salad Fruit Cup Milk-1% or Flavored Fat Free, or Skim	23 * <u>Breakfast for Lunch</u> Mini French Toast Sticks Turkey Sausage Roasted Potatoes Grapes Milk-1% or Flavored Fat Free, or Skim	24 Chicken Sandwich on Whole Wheat Bun Baked Beans Baby Carrots Mandarin Oranges Milk-1% or Flavored Fat Free, or Skim	25 *Cheese Pizza Baked Fries Celery Sticks Applesauce Milk-1% or Flavored Fat Free, or Skim	
28 Beef Chili w/Fresh Vegetables and Beans Sautéed Carrots Cornbread Fruit Milk-1% or Flavored Fat Free, or Skim	29 *Italian Baked Pasta and Meatballs Buttered Corn Fruit Cup Milk-1% or Flavored Fat Free, or Skim	30 Popcorn Chicken Bowl Mashed Potatoes w/Gravy Steamed Broccoli Dinner Roll Grapes Milk-1% or Flavored Fat Free, or Skim	31 Chicken Corn Dogs Veggie & Potato Casserole Mandarin Oranges Milk-1% or Flavored Fat Free, or Skim		
<u>2<sup>nd</sup> Entrée Option</u> *Grilled Cheese	<u>2<sup>nd</sup> Entrée Option</u> Cheeseburger	<u>2<sup>nd</sup> Entrée Option</u> Hot Dog	<u>2<sup>nd</sup> Entrée Option</u> Cheese Bosco Sticks	<u>2<sup>nd</sup> Entrée Option</u> Chicken Nuggets	

Daily Produce Bar available with purchase of school meal. Unlimited variety of fresh vegetable available.

Lunch \$3.00

**Menu Subject to Change**

Vegetarian options: WOW butter and Jelly sandwich, Veggie & Hummus Wrap, or Tossed Salad by request Call 216-295-4289 between 8:30am-9:30am

Sun Butter - A peanut butter substitute made from soy beans.

Lunch Includes: Entrée, Two Servings of Fruits or Vegetables, One Serving of Grain or Bread, One Low-Fat Milk

Low-Fat and Fat Free Milk Served Daily

Please discuss any food allergy issues concerning your child with the Food Service Director Amanda Schindley 216.295.4342

This institution is an equal opportunity provider.

